

STEP 6

- While the chilli is cooking, add the rice to another pan and cover with double the quantity of cold water (700g).
- Bring to the boil then reduce the heat, cover and simmer for 10-12 minutes.

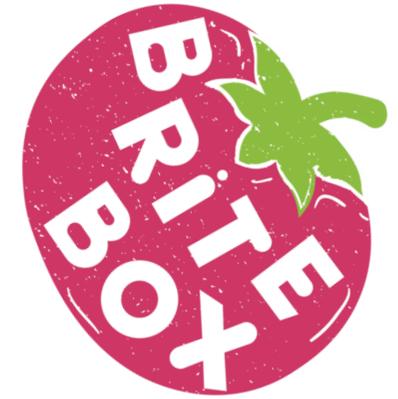


STEP 7

- Once cooked, drain the rice and serve, placing the chilli on top. Enjoy!



Don't forget to ask your parents to join the 'BRITE Box Cooking Community' Facebook group to share photos, get **energy saving tips** and more recipes. Scan this code to join!



CAULIFLOWER AND BEAN CHILLI



INGREDIENTS

- | | |
|---|--|
| 1 large onion, chopped | 1 stock cube |
| 2 peppers, roughly diced | 400g tin of tomatoes |
| 1 carrot, diced | 1 tsp sugar* |
| 1 small cauliflower, cut into small florets | 2 tbsp tomato puree |
| 2 cloves of garlic, crushed | 400g tin of red kidney beans, drained and rinsed |
| 1 tbsp oil* | Salt and pepper to taste* |
| 1 tsp chilli powder | 350g dry rice to serve |
| 1 tsp paprika | |
| 1 tsp cumin | |

*not provided

EQUIPMENT

Chopping board, peeler, sharp knife, large frying pan, pan for the rice, measuring jug, wooden spoon.

ALLERGENS

Celery (stock cube), Soy (stock cube).

STEP 1

- Dice the onion, pepper and carrot and peel and crush or chop the garlic.
- Boil the kettle for the stock.



STEP 2

- Heat 1 tbsp oil in the frying pan on medium heat.
- Add the onion and gently fry for 1 min. Then add the carrot and stir frequently for 5 mins.



STEP 3

- Add the diced pepper, small cauliflower florets, garlic, chilli powder, paprika and cumin.
- Stir to mix and gently fry the vegetables and spices for 3 mins.



STEP 4

- Crumble the stock cube in 300ml boiled water. Then stir in the tomatoes, kidney beans and the veg stock.
- Season with salt and pepper and add 1 tsp sugar



STEP 5

- Bring to the boil and then lower the heat and cover with a lid. Simmer for 30 mins, stirring occasionally.

